

## CLAIMS

1. An aquatic exercise device comprising:  
a plurality of fins attached to a cuff strap, the cuff strap configured to position the plurality of fins to extend outwardly from an interior of the cuff strap when the cuff strap is fastened around an ankle area of a leg of user.
2. An aquatic exercise device in accordance with claim 1, further comprising:  
a stirrup strap attached to the cuff strap, the stirrup strap configured to secure the aquatic exercise device to a foot of the user when the cuff strap is fastened around the ankle area.
3. An aquatic exercise device in accordance with claim 2, wherein the cuff strap comprises:  
a section of flexible material configured to encircle the ankle area;  
and  
a cuff attachment for releaseably attaching a first end of a section of flexible material to a second end of the section of flexible material.
4. An aquatic exercise device in accordance with claim 3, wherein the cuff attachment is a hook and loop mechanism.
5. An aquatic exercise device in accordance with claim 2, wherein the stirrup strap comprises:  
a first stirrup strap section attached to the cuff strap;  
a second stirrup strap section attached to the cuff strap; and  
a stirrup attachment for releaseably attaching the first stirrup strap section to the second stirrup strap section.
6. An aquatic exercise device in accordance with claim 5, wherein the stirrup attachment is a hook and loop mechanism.

7. An aquatic exercise device in accordance with claim 1, further comprising:  
a shoe attached to the cuff strap.
8. An aquatic exercise device in accordance with claim 7, further comprising a stirrup strap attached to the shoe and configured to further secure the aquatic exercise device to the user.
9. An aquatic exercise device in accordance with claim 1, wherein each of the plurality of fins is releaseably connected to the cuff strap.
10. An aquatic exercise device in accordance with claim 1, wherein each of the plurality of fins comprises:  
a latitudinal cross fin non-parallel to a longitudinal portion of the fin.
11. An aquatic exercise device in accordance with claim 1, further comprising a latitudinal cross fin non-parallel to the longitudinal portion of the plurality of fins and encircling the cuff strap.
12. An aquatic exercise device in accordance with claim 11, wherein the latitudinal cross fin is sufficiently flexible to allow the user to insert a foot through the cuff strap.
13. An aquatic exercise device in accordance with claim 1, wherein the plurality of fins provide a resistance to the user independent of a direction of motion when the aquatic exercise device is moved through water.
14. An aquatic exercise device in accordance with claim 1, further comprising a side plate attached to each of the plurality of fins.
15. An aquatic exercise device in accordance claim 14, wherein the side plate is perpendicular to the fin.

16. An aquatic exercise device comprising:  
plurality of fins attached to a strap assembly configured to position the plurality of fins to extend outwardly from an interior of the strap assembly when the strap assembly is fastened to an ankle area of a leg of a user, the aquatic exercise device configured to provide a resistance to the user independent of a direction of motion when the aquatic exercise device is moved through water.
17. An aquatic exercise device in accordance with claim 16, wherein the strap assembly comprises:  
a cuff strap configured to wrap around the ankle area; and  
a stirrup strap configured to secure the aquatic exercise device to a foot of the user.
18. A method of aquatic exercise comprising:  
fastening a cuff strap of an aquatic exercise device around an ankle area of a user's leg, the aquatic exercise having a plurality of fins extending outwardly from an interior of the cuff strap when the cuff strap is wrapped around the ankle area;  
and  
moving the foot through water to create a resistance opposite to a direction of motion of the foot.
19. A method of aquatic exercise in accordance with claim 18, further comprising fastening a stirrup strap of the aquatic exercise device around a bottom of the foot.
20. A method in accordance with claim 19, wherein the moving the foot comprises repeatedly moving the foot through water to work a muscle group.